

Audrey Moore RECenter

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703.321.7927

Group Fitness Schedule

(May 1st – June 30th)

If you do not have a pass to the RECenter an \$6.20 (\$8.25 non-county) drop-in fee per class will be charged at the time of check-in. Calendar is subject to change, please call the RECenter with questions/concerns.

MON	TUES	WED	THUR	FRI	SAT	SUN
	Cycle Spin 6-6:45am Steve R.	Boot Camp 6-6:55am Jill Starts 5/12	Cycle Spin 6-6:45am Steve R.		Cycle Spin 7:30-8:15am Clint	
Cycle Spin 9:30-10:15am Steve B. No class 5/10	Hi/Lo Impact 9:30-10:25am Ria	Cardio Sculpt 9-9:55am Ria	Sculpt & Strength 9:30-10:25am Jill	Cardio Sculpt 9-9:55am Ria	* Cycle Spin 8:30-9:15am Jill	
Cardio Sculpt 9:30-10:25 am & 10:30-11:25 am Jill	Abs, Back & Stretch 10:30-11:25am Dixie	Cycle Spin 9:30-10:15am Steve B. No class 5/26, 6/16	Abs, Back & Stretch 10:30-11:25am Dixie	Cycle Spin 9:30-10:15am Steve B. No class 5/7, 5/11	Cardio Kickboxing 10-10:55am Sarah	Intro to Spin 10-10:45am Karen *(see below)
Cycle Spin 12-12:45pm Roz		Cardio Sculpt 10-10:55am Ria		Cardio Sculpt 10-10:55am Ria		
Low Impact 6-6:55pm Loretta	Cycle Spin 5:15-6pm Monica	Cycle Spin 12-12:45pm Roz	Cycle Spin 5:15-6pm Monica	No classes held over Memorial Weekend May 29, 30 & 31st		
Ab Attack 6:30-7pm Sandie		Hi/Lo 6-6:55pm Loretta		Bike Across America Starting May 1st		
Cycle Spin 7-7:45pm Jill	Sports Circuit 6:30-7:25pm Jill	Cycle Spin 6-6:45pm Steve B.	Sculpt & Strength 6-6:55pm Sandie	See the flyer posted on the "Spin Special" bulletin board & front desk 50 miles per class & 100 miles for riding your bike to work on May 7th		
100% Step 7-7:55pm Loretta	Abs, Back & Stretch 7:30-8:25pm Jill	100% Step 7-7:55pm Loretta				
Cardio Sculpt 8-8:55pm Jill				Visit us on the web at www.fairfaxcounty.gov/parks		

Please let us know how we are doing.
e-mail me at this address
rozlyn.newton@fairfaxcounty.gov

*Intro to Spin classes will meet twice a month on the following dates: 5/16, 5/23 & 6/27

*Jill's Saturday spin class will discontinue if attendance drops due to the nice weather.

Ab Attack

This toning class concentrates on strengthening the abdominals. (15 minutes on Wed. & 30 minutes on Sat.)

Abs, Back & Stretch

If you thought Pilates was too much, but liked the idea of working your core muscle groups then this is your class! Abs, Back & Stretch focuses on exercises for the core muscles to help promote strength, flexibility, better posture and form. (55min).

Boot Camp

Rise and shine and be ready to work hard! This class is not for the light hearted. Fun, physical training exercises and drills will be incorporated into this class. Be prepared to stay in or go outside in rain or shine with the proper attire and water.- intermediate & advanced participants please. (45 min).

Cardio Sculpt

This class focuses on the cardiovascular workout with small segments of body sculpting throughout the class. What a great way to stay in shape and introduce something new to your current workout! (55 min).

Cycle Spin

Formally Spin for Starters, this cycling class is great for all levels of fitness! The instructor will call cues specifically for beginners and those who are advanced. This invigorating class will allow the riders to judge for themselves how hard they feel like working. A terrific class for staying fit! Water bottles are necessary for this class. (45 min)

100% Step!

This is an invigorating class that will involve nothing but step aerobics from start to finish. No weight training will be done. (55 min.)

High/Low Intensity Aerobics

Have it your way with this awesome workout that allows you to choose as you go between high and low aerobics (55 min.)

Low-Impact Aerobics

Do you want a class with less stress on your joints? Then try our low-impact class that offers an exciting moderate intensity aerobic workout with less joint stress than traditional aerobics. Bring a mat and towel to class. (55 min.)

Sculpt & Strength

General muscle conditioning that includes aerobic warm-up, strengthening, and total body toning. Hand held weights, tubing, dyna bands, and exercise balls will be used. (55 min).

Sports Circuit

This training style sports class is a combination of high impact components of plyometrics, agility, and strength exercises to enhance your athletic ability. Please bring water. (55 min).